

3 PRINCIPLES OF ENTRAINMENT



What is Entrainment?

Entrainment is a phenomenon of energy in which the powerful rhythmic vibrations of one object will cause the less powerful vibrations of another object to lock in step and oscillate or vibrate at the first object's rate.

Can you give me some Examples?



Pendulums in Unison

Pendulum clocks hung next to each other on a wall will start to synchronize with each other and swing in perfect unison.



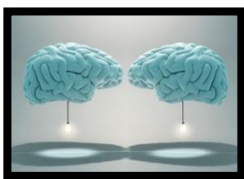
Synchro-PMS

When a group of women live and sleep very closely together, their menstrual cycles will start to adjust and happen at the same time.



Two Hearts Beat as One

Muscle cells from our hearts, when two hearts move closer together, suddenly shift in their rhythm and start pulsing together in perfect synchronicity.



Great minds think alike:

The brain waves of two people having a great conversation will begin to oscillate to the same rhythm.

3 Core Principles of Entrainment

#1 – Figure out what you want (Entrainment Begins)

- ✦ Figure out what you TRULY want (not what you don't want)
- ✦ You have to be willing to admit how you feel, even if you don't want to feel that way
- ✦ Look for that heart opening or "dancing around the room" feeling
- ✦ Hold it for 60-120 seconds to begin the process of entrainment
- ✦ If nothing happens within 2 minutes, go back to the drawing board. Reach higher, dream bigger, and/or be more honest with yourself.

#2 – The Power of Choice (Choose What to Entrain to)

- ✦ Your greatest power is the power to choose what you to focus on and what state of being you step into
- ✦ Choose what you truly want
- ✦ Allow yourself to believe, even if it's just a thought exercise, that what you want can happen.
- ✦ The easiest way to entrain to another frequency is spend time with people who are already vibrating there
- ✦ This goes both ways. Spending time with negative people can cause you to entrain to a lower frequency. Choose your tribe carefully

3 – Resistance comes up (to be Released)

- ✦ Entraining to a higher vibration causes any related resistance to reveal itself
- ✦ As you entrain to what you want, you may begin to feel discomfort or negative emotion
- ✦ THIS is the resistance
- ✦ Emotions contain a lot of information

WANT TO KNOW MORE?

For more information on how to use the Technology of Reality to transform your understanding of how reality works, how and why manifesting works (and what went wrong when it didn't work), and how to use that knowledge to step into the reality of your choice, check out the entire Technology of Reality Training Series.

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Technology of Reality
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